

Maine School Wellness Summit

[Register here](#)

Wednesday, June 22 & Thursday June 23, 2016

Bates College, Lewiston

Maine School Wellness Summit, the foundation of the Maine Schoolsites Health Promotion Program, is a two-day rich educational experience designed to support individuals and teams in designing, enhancing and implementing employee wellness, health promotion, health education and the maintenance of a healthy learning environment and school climate as part of a coordinated approach to school health. All of which contributes to improved academic achievement.

Participants, either attending as individuals and as part of a team, will experience learning opportunities to assist in the development and maintenance of a health promoting culture of wellness including:

- Interactive presentations on leadership and team building to support schoolsites health promotion and wellness programs;
- Presentations and sessions on a variety of employee wellness and school health programming ideas, policies, and personal wellness strategies;
- Dedicated time for developing and drafting a year-long action plan for a comprehensive wellness program including staff and student health promotion; positive school climate; health enhancing policies; and support for healthy and active schools that lead to improved academic achievement;
- Strategies to successfully implement a team based health promotion and wellness program supported by administration.



FEATURED OPENING KEYNOTE SPEAKER: George Manning is a Professor of Psychology and Business at Northern Kentucky University (NKU) and has a residence right here in Maine. He is an internationally known speaker, author of eleven books including The Art of Leadership, and consultant to business, industry and government. His client list includes AT&T, AMA, GE, Marriott, US Navy, and the National Institutes of Health. George's unique approach and magic for connecting with people includes a blend of humor, interesting facts, and practical applications captivate audiences. He was selected "Professor of the Year" at NKU and has received the "Strongest Influence Award" given by the NKU Alumni Association. George will engage participants in learning to build community in the workplace through caring leadership. This is a highly interactive program focusing on the human side of every person's job. It includes communication, teamwork and a 1-Team attitude; characteristics of true community; positive versus negative group member roles; and understanding and dealing with different types of people. The subjects are made practical for use back on the job. **Come to the Wellness Summit to participate and learn people-building skills appropriate for all levels of personnel.**



CLOSING KEYNOTE SPEAKER: David Lee from Portland, Maine is an internationally recognized authority on organizational and managerial practices that optimize employee performance. David is the author of *Managing Employee Stress and Safety* and *Storytelling for Trainers*, as well as nearly one hundred articles and book chapters on employee and organizational performance. He has worked in the healthcare field as a clinician, supervisor, and trainer, and in the corporate world as a manager and trainer. In addition to his own work with both high performance and struggling organizations, David draws from a broad range of disciplines, including neuroscience, stress research, organizational development, and peak performance technologies. Taking this research David translates these principles of human nature into practices that optimize employee performance. **His keynote will inspire us all to bring our best self to work every day!**

Who should attend the Summit? Any person working in or with a school or school district who is interested in supporting and participating in health promotion and wellness efforts. Including but not limited to...

Teachers	Administrators	Human Resource Directors	Transportation Staff
School Counselors	School Nurses	Support Staff	Parents
Food Service Staff			
Special Education Staff	Educational Technicians	School Health Coordinators	
Community Members	Business Office Managers	School Board Members	Maintenance Staff

Individual and teams are welcome!

Though best practice has proven that a conference team of five to ten members representing different positions within a school community ensures follow through on implementing the year-long action plan it is not always possible for a school district to field a team. A major change from the Wellness Conference to the Summit is that individuals and teams are welcome! It is recommended that attendees schedule a full school team meeting or a meeting with an administrator following the Summit to share learnings, the draft action plan and strategies to implement in the next school year.

Additionally, experience has proven that administrative support is a valuable asset for a wellness team and key to the sustainability of the team and implementing a year-long action plan.

[Click here](#) to register via SurveyMonkey.

Payment is due by **Wednesday, June 15, 2016**

Make checks payable to: Treasurer, State of Maine

PLEASE be sure to indicate name(s) of those attendees the check is paying.

Mail payment to:

Ann Marin

Maine Department of Education

23 State House Station

Augusta, ME 04333-0023

ann.marin@maine.gov

Fax: 207-624-6691

Lodging:

Accommodations are on your own. Bates College has dormitory rooms for \$27 for a single and \$36 for a double; [Click here to reserve dorm rooms at Bates College](#) and email Brenda Pelletier (bpelleti@bates.edu) if you have questions. A list of available area hotels honoring the government rate of \$89 (or they have a lower rate) will be included in the registration confirmation email from ann.marin@maine.gov.

Thank you for registering for the 2016 Maine School Wellness Summit.

If you have any questions regarding registration, please contact ann.marin@Maine.gov or at 624-6694.

If you have questions regarding the agenda, please contact susan.berry@maine.gov or at 624-6695.